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Case Study

PATHYADI BIDALAKA IN MANAGEMENT OF *VATAJA ABHISHYANDA*

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ABSTRACT

Vataja Abhishyanda is one of the most common eye disorders affecting people of all ages due to allergens like dust, pollen from trees and grass, animal dander, chemical scents, cosmetic products etc. It is observed to be a seasonal disease, i.e. during summer and spring. It can be correlated with allergic conjunctivitis according to their signs and symptoms. *Abhishyanda* (conjunctivitis) is the main cause of most eye disorders and must be treated early in effective ways as possible otherwise it may lead to severe complications making the disease unmanageable and would be very difficult to save the eyesight. Allergic conjunctivitis has symptoms like itching, burning sensation, watery, stringy discharge, mild photophobia, and eye congestion. Modern medicine treats it by administering eye drops and anti-allergic drugs, which may have some adverse effects. Ayurvedic management of allergic conjunctivitis has shown some effective results in overcoming the disease with no such effects. According to *Acharya Sharangdhara, Pathyadi Bidalaka* was done on the patient, who had symptoms of *Vataja Abhishyanda* (Allergic Conjunctivitis) for 7 days. *Vata* is said to be the predominant *Dosha* of *Vataja Abhishyanda*, *Pathyadi Bidalaka* has *Vataghna* properties (pacify *Vata Dosha*); thus, will reduce the symptoms. The assessment of the condition was done before and after treatment.

INTRODUCTION

According to *Acharya Sushruta, Abhishyanda* (Conjunctivitis) is said to be the main cause of almost all ocular diseases and, if not treated properly within time, may lead to chronic conditions and cause severe complications such as *Adhimantha* (glaucoma)[1]. *Acharya Sushruta* described that *Netrabhishyanda* (conjunctivitis)is a contagious (*Aupsargic)* disease, which means it may be transmitted through contact with the infected person[2]. This explains the importance early treating the disease to avoid further spread. *Acharya Sushruta* has described *Vataja Abhishyanda* (allergic conjunctivitis) in one of the four types of *Abhishyanda* (conjunctivitis) that can be differentiated in patients with symptoms like *Netra Toda* (pricking sensation), *Shishirashruta* (cold lacrimation), *Shangharsha* (itching), *Parushya* (roughness), *Vishushkabha* (dryness) [3] etc. Due to *Vata Dosha Vikruti* (vitiated *Vata Dosha*), all of these symptoms are correlated to allergic conjunctivitis. Allergic conjunctivitis is characterized by clinical features like itching, burning sensation, watery, mucous or stringy discharge, mild photophobia, and eye hyperemia[4]. In India, the prevalence rate of allergic conjunctivitis is higher as compared to other countries, affecting 15% to 40% of the total Indian population, and is observed to be a seasonal disease, during summer and spring. There are more than 10 million cases per year in India of conjunctivitis[5].

Bidalaka is a line of treatment explained by *Acharya Sharangdhara* for all *Abhishyanda[6]. Bidalaka* is medicated paste that is applied over the eyes. *Pathyadi Bidalaka* was done on the patient having symptoms of *Vataja Abhishyanda[6].* In modern medicine Antihistamines and steroids are given locally or orally. Due to recurrent use of these drugs resistance develops and also has side effects, Hence *Pathyadi Bidalaka* is used to find out better solution for allergic conjunctivitis.

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Case History

Case report- A 25-year-old male patient visited the outpatient department of *Shalakyatantra* on 25/04/2025, with complaints of itching, burning sensation, redness, and watery discharge since the last few days. No any medical history. No allergy On the first day of examination clinical findings known till today. Following a thorough symptom assessment, *Vataja Abhishyanda* was diagnosed, with microscopic analysis of the tear film revealing the presence of eosinophils, further supporting the diagnosis.

Table 1: Clinical Findings

S.No.	Heading	Right Eye	Left Eye
1.	Lids	Normal	Normal
2.	Conjunctiva, sclera	Congestion	Congestion
3.	Cornea	Clear	Clear
4.	Pupil	Normal in size, reacting to light	Normal in size, reacting to light
5.	Anterior chamber	Normal	Normal
6.	Lens	Normal	Normal
8.	Distant vision	6/9	6/6 partial
9.	Colour vision	Normal	Normal
10.	Near vision with glasses	N/6	N/6

Treatment- The patient was treated with *Pathyadi Bidalaka* once a day for 7 days after taking written informed consent. Routine follow-up after every 3 days was taken, and regression in the symptoms was noted.

Material used for the procedure

Pathyadi Churna (Haritaki, Tamalpatra, Sunthi churna), gauze piece, sterile water.

Preparation of *Bidalaka*

- Preparation of *Bidalaka* is same as preparation of *Kalka.*
- Herbs are taken freshly and are grounded to paste form.
- In this process water will be used as liquid media or base.
- All the drug ingredient in respective drug soaked in water allow it to absorb water and make it soft.
- Then the moist herb part will be grounded in a mortar and pestle to obtain fine paste.
- Microbial load examination of *Bidalaka* will be done.
- Patch test will be carried out to find any sensitivity reaction in patients.

***Bidalaka Vidhi* (Standard Operating Procedure)**

Purva Karma

- Eyes will be cleaned with cotton-soaked gauze and then *Mrudu Swedana* (*Hasta Sweda*) will be done around the eyes.

Pradhan Karma

- The patient will be asked to close the eye lids and the index finger of left hand will be kept on the outer corner of the eye lid.
- Thereafter with index finger of the opposite hand medicine will be applied with gentle massage over the taut eyes starting from the inner canthus to the outer canthus for 10-15 times.
- The medicine will be retained for 10-15 minutes but care will be taken to see that it did not dry completely (time will differ according to seasons like more time in rainy and winter season, less time in summer season).
- If patients show any adverse effects like hypersensitivity reaction, redness, itching etc., then patient will be treated accordingly.

Paschat Karma

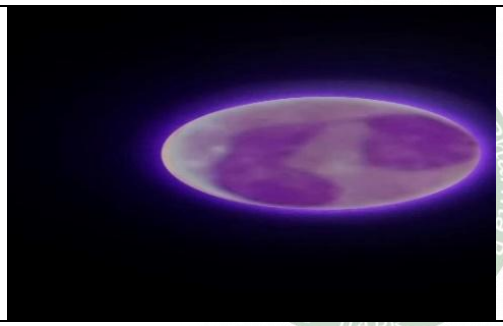
- After 10-15 minutes the medicine will be removed with sterile wet cotton.
- The patient will be advised to avoid exposure to dust, smoke etc.

Figure 1: *Bidalaka* application

Table 2: Observation table: (Gradation)[7]

S.no.	Signs and Symptoms	Day 0	Day 4	Day 7
1.	*Nistodana*	02	02	01
2.	*Sangharsha*	02	01	0
3.	*Shishirashruta*	03	02	0
4.	*AlpaShopha*	01	01	0

Table 3: Presence of Eosinophils present or absent in tear film

S.no.	Signs and Symptoms	Day 0	Day 7
1.	Present /Absent		

Mode of Action[8]

Absorption of penetrate molecule on surface layer stratum corneum.

↓

Diffusion through it and via epidermis and finally reaches to dermis.

↓

Molecule is taken up into the micro circulation for systemic distribution.

DISCUSSION

Vataja Abhishyanda (allergic conjunctivitis) is one among the *Sarvagata Netra Roga*, *Vataja Abhishyanda* has symptoms that are similar to allergic conjunctivitis. It is a prevalent infection of the eye. According to modern science, the treatment includes local antihistamines, antibiotics, anti-inflammatories, and analgesics. Continuous use of these medications has lots of side effects and may develop resistance, too. Hence, to avoid these *Pathyadi Bidalaka* was selected for the study to find an effective treatment for *Vataja Abhishyanda* (allergic conjunctivitis), *Bidalaka* is the line of treatment for *Vataja Abhishyanda* (allergic conjunctivitis). According to *Acharya Sharangdhara*, *Bidalaka* is indicated for *Amavastha* (in acute conditions), mainly in *Abhishyanda* (conjunctivitis). *Bidalaka* is the application of medicated paste over the eyelids, its mode of action follows the transdermal pathway for absorption. As the skin of eyelid has thinner stratum corneum, there by showing lower impedence which could be the reason for higher drug permeation through the skin of eyelid. Most of the Absorption occurs via epidermal route. So, the patient was advised for *Pathyadi Bidalaka* for 7 days, having *Vataghna* (pacify *Vata Dosha*) which reduces the signs and symptoms of *Vataja Abhishyanda* like *Netratoda* (pricking sensation), *Shishirashruta* (cold lacrimation), *Shangharsha* (itching), *Vishushkabhava* (dryness), *Aplashopha* (chemosis/conjunctival edema), *Pathyadi Bidalaka* provides quick absorption of the drug along with soothing effect, so it is very effective in this condition, so with this

treatment patient get relief from the symptoms of *Vataja Abhishyanda* (allergic conjunctivitis).

CONCLUSION

Vataja Abhishyanda has symptoms that are similar to allergic conjunctivitis. *Vataja Abhishyanda* (allergic conjunctivitis). If not appropriately treated, it can lead to complications such as *Adhimantha* (glaucoma). If Ayurvedic treatment is given in the initial stage of allergic conjunctivitis, then better results in a short duration can be expected, *Pathyadi Bidalaka* is better in relieving *Netra Toda* (pricking sensation), *Shishirashruta* (cold lacrimation), *Shangharsha* (itching), *Parushya* (roughness) as *Pathya* have *Vatashamaka* properties. *Bidalaka* is an easy as well as convenient and effective method of drug absorption to the eye, especially during the first stage of the disease or acute condition of the disease (*Amavastha*).

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